



# Slam Dunk Veggie Burger

**Makes:** 6 Servings

“When I went grocery shopping with my mom, I came across quinoa in the grains aisle, so we decided to try it,” says Devanshi. “I guess it tastes really good, so my mom and I created a burger recipe, which includes quinoa, a good source of protein. My healthy and delicious recipe can be served with a side dish of Super Scrumptious Strawberry Salad,” which has spinach, strawberries, and red onion.

## Ingredients

**1 cup** quinoa, rinsed

**2 cups** water

**1/2 teaspoon** Kosher salt

**1 cup** chopped fresh cilantro leaves

**1/2 cup** whole wheat bread crumbs, unseasoned

**1** medium white onion, finely chopped

**1** large egg



**1/3 cup** chopped carrot

**1/3 cup** chopped green beans

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>346</b>
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	41 mg
Sodium	552 mg
Total Carbohydrate	57 g
Dietary Fiber	7 g
Total Sugars	7 g
Added Sugars included	3 g
<b>Protein</b>	<b>12 g</b>
Vitamin D	0 mcg
Calcium	124 mg
Iron	3 mg
Potassium	403 mg
N/A - data is not available	

## MyPlate Food Groups

	Vegetables	1/2 cup
	Grains	2 1/2 ounces

**1/3 cup** sweet corn

**1/4 cup** feta cheese

**1 clove** garlic, minced

**1 tablespoon** extra-virgin olive oil

**1 teaspoon** ground cumin

**1/4 teaspoon** freshly ground black pepper

**6** whole wheat hamburger buns

For garnish:

avocado

lettuce

tomato

## Directions

1. Preheat the oven to 400°F.
2. In a medium saucepan combine the quinoa, 2 cups of water, and 1/4 teaspoon salt. Bring to a boil then reduce the heat to low and simmer until the quinoa is tender, about 15 minutes. Transfer to a large bowl.
3. Add the cilantro, bread crumbs, onion, egg, carrot, green beans, corn, feta, garlic, oil, cumin, pepper, and the remaining 1/4 teaspoon salt and stir to thoroughly combine. Let the mixture sit for 5 minutes so the bread crumbs can absorb some moisture.
4. Divide the mixture into 6 even parts and shape each one into a 1-inch-thick patty. Arrange the patties on a baking sheet and bake for 20 minutes. Flip the patties over and continue baking until light brown, about 5 minutes.

5. Serve the patties on the buns, garnished with avocado, lettuce, and tomato.

## Notes

State: Texas

Child's Name: Devanshi Udeshi, 12

**Source:** The Epicurious 2013 Healthy Lunchtime Challenge Cookbook